

ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

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Garrison leadership trains in problem-solving

Allen Shaw,
Fort Wainwright PAO

Whether it's a mission, job or just everyday life, people are continually faced with situations that require decision-making, problem-solving and conflict-resolution. Certain individuals often find it difficult to deal with or understand someone who doesn't think or reason the same way they do. In most cases these barriers can be overcome by simply identifying deep-seated personality traits, realizing weaknesses and capitalizing on strengths.

One of the tools widely used by many multi-billion-dollar corporations to enhance communication is the Myers-Briggs Type Indicator. Eighty-nine of the Fortune 100 companies and 80 percent of the Fortune 500 companies use personality tests based on the MBTI. It is also being used as a tool by forward-thinking leaders in the Army.

More than 60 managers, supervisors and staffers who have demonstrated

See MBTI on page 4

WOW: serving food, wit, wisdom



If you are hungry for a spaghetti and meatball dinner (at no cost) on Wednesday nights, stop by the Northern Lights Chapel for Wainwright Open Wednesdays. The meal is prepared by volunteers like Jessica Christensen, wife of Capt. (Chaplain) Matt Christensen, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division who assisted her in cleanup. The program offers not just food and fellowship during the long winter months, but an opportunity to grow with classes for youth, a course for children and a parenting group oriented toward parenting children (versus one geared toward parenting teens which they hope to offer at a later date.) It also offers Bible studies for both men and women. (Photo by Trish Muntean, Fort Wainwright PAO)

Trish Muntean,
Fort Wainwright PAO

If you're looking for food, fellowship or wanting to learn the Wainwright Chaplains are offering that opportunity on Wednesday nights through Wainwright Open Wednesdays.

"Fairbanks in the winter gets to be a hard time," said Chaplain Jeff Ellis, 25th BSB.

We were talking about this need and how we can help, he said. We just wanted to reach out and touch the community, give them a chance to connect and feed them, not just physically, but their other needs as well. The WOW program grew out of that.

Dinner, cooked by volunteers, starts promptly at 5:30 p.m. with spaghetti and meatballs, garlic bread, salad and some light desserts. Spaghetti was chosen because it is easy to prepare and clean up. There is no cost for dinner. It is an outreach ministry of the chapel.

"We are meeting people's needs where they are. It is November, it is cold, and there are Families that are struggling to get a meal. The chapel is happy to feed you," Ellis said. "We want to provide a good meal, a night of entertainment, a night of thought that is not watching reality

TV, with a pizza box in front of you."

He invites both single Soldiers and Families to come out. He tells his Soldiers that it will give their kids a chance to interact, enjoy and learn some stuff in the kids program. Adults can learn some financial skills, some parenting skills, they can go to a Bible study and can interact with some other folks.

"We want to provide positive role models and mentorship," Ellis said.

"I think it is going to do a lot for resilience," he said.

After dinner there are several classes, which start at 6:15 p.m. to choose from. Right now there are Bible study groups for both men and women, a class for youth, a course for children and a parenting class that is geared towards parenting children (versus one geared towards parenting teens which they hope to offer at a later date.)

As the program expands (47 people attended the first night) Ellis said they hope to add Dave Ramsey's Financial Peace University, a class for parenting teenagers, a class that is a combination bible study and life skills, basic courses to help Families out, to help them grow and become more efficient in the way they do things.

The giving season



Soldiers from the Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, spell out the word "Give" in recognition of the battalion's efforts to raise more than 9,000 cans of food for the local food bank in Fairbanks. (Photo by Capt. John Farmer/1st Stryker Brigade Combat Team, 25th Infantry Division PAO)

WEEKEND WEATHER



Friday

Increasing clouds
Highs around -10
Lows around -25
Evening mostly clear



Saturday

Mostly clear
Highs around -10
Lows around -25
Evening partly cloudy



Sunday

Partly cloudy
Highs around -10
Lows around -20
Night chance of snow

BRIEFS

Birch Hill opens

Birch Hill Ski and Snowboard Area opens today. The lift will close if colder than 20-below zero. Call 353-7083 for the snow/weather report. DW Grill is open in the lodge, featuring a new, expanded menu, hot cocoa and more.



Military Appreciation continues

UAF Nanooks Military Appreciation events continue through Sunday at various locations. See the complete schedule and photos on page 4.

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Who cares? Patient Caring Touch System

Col. Dennis LeMaster, Medical Department Activity-Alaska

Other than for the birth of a child, few patients look forward to going to the hospital. When people, or their Family members, are sick or injured they are at their most vulnerable. It is at these times when they need dependable care from an organization and individuals they can trust to assist in their healing process.

With this understanding, in 2010 Medical Department Activity – Alaska introduced the Patient Caring Touch System,

an Army-wide program that promotes enhanced communication, improved customer service, evidence-based medicine and places the patient at the center of care.

By implementing the Patient Caring Touch System, MEDDAC-AK has established an empowered, nurse-led standard, rooted in the Army’s, Soldier’s, and nursing core values to drive better quality of care for patients and better quality of life for nurses.

The most visible feature for the patient is care teams. Care teams consist of a lead registered nurse

who directs nursing care and a supporting nursing team that cares for a patient throughout the length of his or her stay. This care team increases consistency of care for the patient and enhances communication between staff members.

Care teams also enhance communication with patients and Families, increase patient involvement in their own care, encourage discussion of their daily goals, and improve patient and Family satisfaction by increasing trust in the nursing team.

Patient Caring Touch

System not only benefits the patients, but the staff also sees benefits. Shared accountability, peer feedback, standardized documentation and skill building enhance staff experience and satisfaction with their jobs.

Shared accountability gives nursing team members a voice in their practice and the innovation of that practice through elected nursing practice councils at unit, facility, region and Army Nurse Corps levels.

Peer feedback allows licensed nursing team members to reflect on their practice and devel-

op professionally through feedback from colleagues on strengths and opportunities for growth.

Standardized documentation improves nursing efficiency and patient safety by using a common language and documentation format across providers, units and facilities.

Lastly, skill building provides consistent, relevant opportunities for nursing team members to refresh their knowledge and patient care abilities.

Simply put, the Patient Caring Touch System enhances patient care by im-

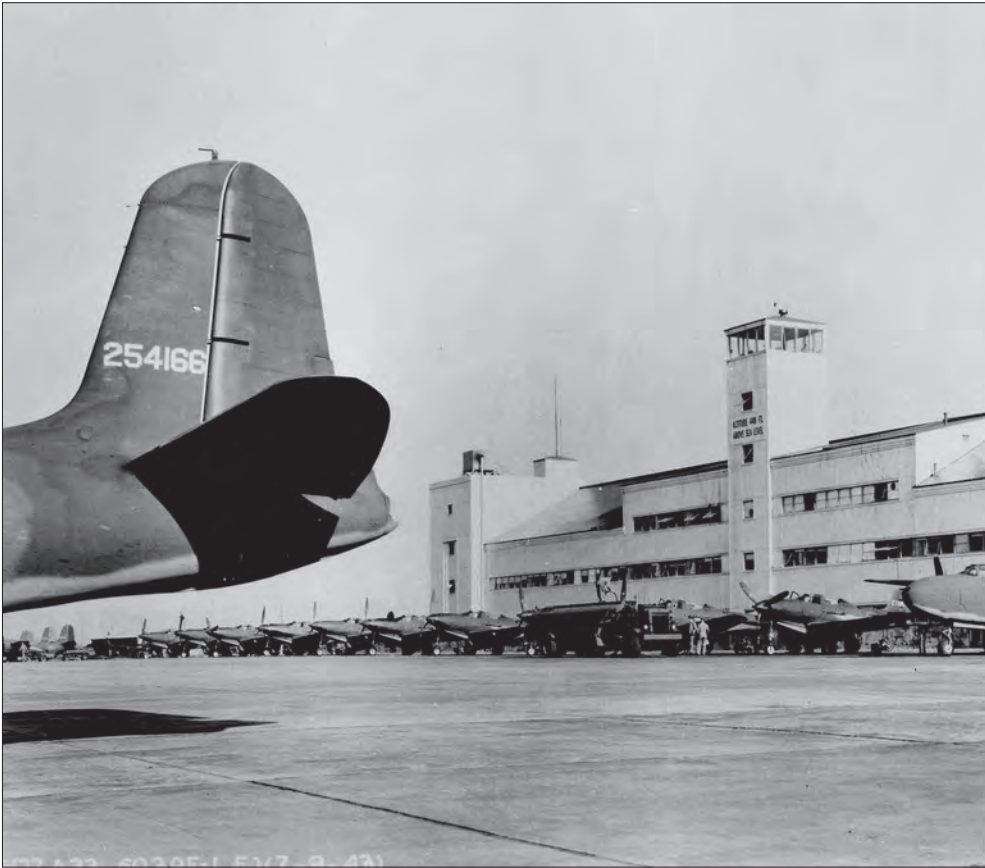


Col. Dennis LeMaster MEDDAC-AK commander

proving outcomes on nurse-sensitive metrics, reduces variation in quality of care provided to Bassett’s patients and increases continuity of care for Fort Wainwright’s Soldiers, Families and retirees.

As always, MEDDAC-AK staff is here to assist you with all your medical needs.

Lend Lease: Celebrating 70th anniversary



A-20 and P-39 aircraft sit outside Hangar 1 on Ladd Field, Alaska, July 1943. Ladd Army Air Field was redesignated Fort Wainwright in 1961. LAAF was a transfer point for the Lend Lease program. By the time Lend Lease officially concluded in September 1945, 7,926 aircraft and many tons of cargo had been transferred to Russian control at Ladd. Hangar 1 has been designated a national historic landmark. A celebration is slated to mark 70 years of cooperation between Yakutsk, Russia, and Fairbanks from the Lend Lease program to the current sister cities relationship. The event begins at the Lend Lease Monument, Griffin Park, First Avenue, 2 p.m. Saturday. Following the ceremony, a symposium will take place from 2:30 to 5 p.m. at the Morris Thompson Cultural and Visitors Center, 101 Dunkel Street. There will be lectures, films and discussion with representatives from Natural Resources and the University of Alaska Fairbanks. The events are free and open to the public. For more information, call 455-6408.

Filing claims for household goods damage

Lavonne Taylor, Staff Judge Advocate, Joint Base Elmendorf Richardson

Summer is the highest transition time for military members, and with the excitement of a new job and new location comes the tension of moving everything you own. The military has made changes in recent years to how claims for damage to household goods are filed. Claims are now initially filed with the Transportation Service Provider (TSP) rather the Military Claims Office (MCO). The result is that the burden of filing and tracking the claim falls mainly to the member. Although the claims process can be intimidating and seemingly labor-intensive, it is not impossible as long as you follow a few insider tips described below.

Information for all branches of service:

- Inspect as much of your property as possible on the day it is delivered. Note any damages on the “Damages At Delivery” form given to you by the movers. Make sure the driver acknowledges the notations with a signature on the form.
- Notify the TSP of any damaged or missing items within 75 days of delivery. There are several ways to provide notice. See Claims for Army members below for more information.
- File your claim directly with the TSP within nine months of delivery of your household goods. Most claims are now filed directly with the TSP through the Defense Personnel Property System (DPS) by logging into the secure Electronic Transportation Acquisition (ETA) Portal at www.move.mil.
- Late Filing If you miss the nine-month mark you may still file your claim up to two years after delivery by contacting the MCO for your branch of service directly.

Claims for Army members:

- NOTICE: Giving timely notice of loss and damage is the single most important step you can take to ensure a fair settlement of your claim. Provide notice by:
- Mailing it yourself through the U.S. Postal System. Use certified mail or other traceable means.
- Email it to the TSP directly. Make sure you identify the shipment and delivery date in the email along with a list

of items, the inventory number and the description of loss or damage for each item. Ask for a confirmation of receipt from the TSP and/or select a “Read Receipt” before sending.

- FAX it to the TSP directly. Again make sure you have identified all the items that are lost or damaged in the fax. Obtain a confirmation that the fax transmitted successfully.
- Use the DPS system to submit notice. If you are unable to submit notice on DPS and timeliness is at stake, contact the MCO during duty hours or send notice via email if it is during non-duty hours.
- The MCO can dispatch the notice of loss for you.
- FILE your claim directly with the TSP within nine months using the DPS website at www.move.mil. If you need assistance with any aspect of the claims process, contact the MCO. They will assist you in accessing the DPS/ETA websites and filing your claim. They also mediate between the claimant and the TSP when necessary.
- If any part of your claim is denied or you cannot agree with the TSP, you may transfer your claim to the MCO. Be aware that the Army claims website located at www.jagcnet.army.mil (Legal Disciplines-Claims-Claims Portal) is not linked to DPS and transferring your claim to the MCO in DPS does not file your claim with the Army.

Claims for other branches of service:

- Air Force file through DPS or contact the Air Force Claims Service Center at <https://claims.jag.af.mil>, e-mail is AF-CSC.JA@wpafb.af.mil.
- Coast Guard file through DPS or contact the USCG Finance Center at <http://www.fincen.uscg.mil/hhg.htm>.
- Marine Corps file through DPS or e-mail at hqmc.claims@usmc.mil.
- Navy file through DPS or contact Navy JAG at http://www.jag.navy.mil/organization/code_15.htm, e-mail is Norfolkclaims@navy.mil.

If you have any questions regarding the claims process, whether it is regarding shipment household goods, your Privately Owned Vehicle (POV) or other unusual occurrence, contact the Army Claims Office at 1060 Gaffney Road or 353-6155 for assistance.

November is a time to learn about and commemorate the vibrant, myriad cultures of our country’s first people, American Indians and Alaska Natives

U.S. Army Alaska Equal Opportunity Office and Medical Department Activity-Alaska

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA A PROCLAMATION

As the first people to live on the land we all cherish, American Indians and Alaska Natives have profoundly shaped our country’s character and our cultural heritage. Today, Native Americans are leaders in every aspect of our society -- from the classroom, to the boardroom, to the battlefield. This month, we celebrate and honor the many ways American Indians and Alaska Natives have enriched our nation, and we renew our commitment to respecting each tribe’s identity while ensuring equal opportunity to pursue the American dream.

Since 1900, many people have sought to recognize the great influence American Indians have had on the history, cultural development, and continuing growth of the U.S. Various dates and weeks were acknowledged until 1976, when Congress authorized a week in October as Native American Awareness

Week. Finally, in 1990, the month of November was chosen because it is traditionally a time when many American Indians gather for fall harvest festivals, world-renewal ceremonies and powwows.

The 2012 Fort Wainwright National Native American Heritage Month Observance is Nov. 28 from 1:30 to 3 p.m. at the Physical Fitness Center gym and is sponsored by the Medical Activity-Alaska in partnership with the Fort Wainwright Equal Opportunity Office.

The guest speaker for this month’s observance is Dr. Walkie Charles, assistant professor, Alaska Native Language Program, University of Alaska Fairbanks.

Visitors without DoD ID need to stop at the main gate visitor center to obtain an installation pass before entering the post. Drivers must present a valid driver’s license, proof of vehicle insurance and the vehicle registration.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

NEWS

A history of National Native American Heritage Month: U.S. efforts to honor American Indians and Alaska Natives

Staff report, Fort Wainwright PAO

November is National Native American and Alaska Native American Heritage Month. Fort Wainwright's observance is slated for Nov. 28 at 1:30 p.m. in the Physical Fitness Center. All military personnel, civilians, retirees and Families are encouraged to attend.

The installation observance will feature Alaska Native drum music and special guest speaker, Dr. Walkie Charles, assistant professor, Alaska Native language program, University of Alaska Fairbanks.

For almost one hundred years, Americans both Indian and non-Indian have urged that there be permanently designated by the nation a special place on the calendar to honor the contributions, achievements, sacrifices and cultural and historical legacy of the original inhabitants of what is now the United States and their descendants: the American Indian and Alaska Native people.

The quest for a national honoring of Native Americans began in the early 20th Century as a private effort. As far back as the late 1970s, Congress has enacted legislation and subsequent presidents have issued annual proclamations designating a day, a week or a month to celebrate and commemorate the nation's American Indian and Alaska Native heritage. In 2009, Congress passed and the President signed legislation that established the Friday immediately following Thanksgiving Day of each year as "Native American Heritage Day."

Honoring and citizenship: Early advocates

After 1900, one of the earliest proponents of a day honoring American Indians was Dr. Arthur Caswell Parker (b. 1881, d. 1955), a Cattaraugus Seneca and the director of the Rochester Museum in New York (now the Rochester Museum of Arts and Sciences). Dr. Parker (Gawasco Waneh) was a noted anthropologist, historian and author whose great-uncle

was Brig. Gen. Ely S. Parker, secretary to General Ulysses S. Grant during the Civil War and the first American Indian to serve as Commissioner of Indian Affairs in the Department of the Interior. Parker also served as the first president of the Society for American Archaeology (1935-36).

Parker was a founder of a number of American Indian rights organizations, including the Society of American Indians (SAI) in 1911 and the National Congress of American Indians (NCAI) in 1944, and advocated for American Indians to be given U.S. citizenship. He was successful in persuading the Boy Scouts of America to set aside a day for the "First Americans," which they did from 1912 to 1915.

In the spring of 1914, another Indian rights advocate, the Rev. Red Fox James (born circa 1890-1895), also known as Red Fox Skiukusha, whose tribal identity is undetermined, began a 4,000-mile trek on horseback to Washington, D.C., to petition the president for an "Indian

Day.” The next year, again on horseback, he travelled state-to-state seeking gubernatorial support for U.S. citizenship to be extended to American Indians. On December 14, 1915, he presented to the White House the endorsements of 24 governors. In 1919, he petitioned the state of Washington to designate the fourth Saturday in September as an “Indian holiday.”

Also in 1915, the Congress of the American Indian Association, meeting in Lawrence, Kansas, directed its president, the Rev. Sherman Coolidge (1862-1932), an Arapaho minister and one of the founders of the SAI, to call upon the nation to observe a day for American Indians. On September 18, 1915, he issued a proclamation declaring the second Saturday of each May as "American Indian Day" and appealing for U.S. citizenship for American Indians.

In 1924, Congress enacted the Indian Citizenship Act extending citizenship to all U.S.-born American Indians not already covered by treaty or

other federal agreements that granted such status. The act was later amended to include Alaska Natives.

Historical information presented by the Bureau of Indian Affairs at www.bia.gov.

For more information contact event organizers at Medical Department Activity-Alaska or the U.S. Army Alaska Equal Opportunity Office at 353-9234.



IMCOM looks to expedite hiring at garrisons

Staff report, Installation Management Command PAO

Garrison commanders are recruiting for about 2,000 job openings, and while the competitive process can be time-consuming, exceptions to the process allow for noncompetitive selection of current IMCOM employees, transitioning Soldiers, disabled veterans, and certain others.

At the same time, the Army still faces a new fiscal environment that could require more civilian workforce reductions in the future, so the headquarters will continue to closely oversee the filling of critical vacancies to ensure the command stays within sustainable end strength numbers.

IMCOM started Fiscal Year 2012 facing a mandatory reduction of more than 4,000 civilian positions including the headquarters, the regions and the garrisons. In the interest of retaining a highly experienced and specialized workforce, the command approached the necessary reduction with a commitment to meet the end strength target through attrition and judicious filling of critical vacancies.

This proactive approach to human resources management has succeeded to the extent that IMCOM has exceeded its reduction target through voluntary separations, retirement, and cross-leveling through reassignment. The new personnel outlook is good news for protecting the workforce, but the garrisons are now anxious to fill these nearly 2,000 openings to sustain their operations.

"It's great to see that we could continue to meet our mission requirements while still taking care of our civilian workforce," said IMCOM commander Lt. Gen. Michael Ferriter.

The federal hiring system is a competitive process, designed to evaluate applicants fairly, but not necessarily quickly, especially in recruiting from outside the government. But federal regulations allow for noncompetitive consideration of the very populations IMCOM seeks to help—including current employees, transitioning Soldiers and disabled veterans.

“As we look at ways to expedite the approval process, there are steps the garrisons can take to speed the process, including streamlining the recruiting process, working in advance with the CPAC on determining the level of competition, getting job assessments ready, considering noncompetitive selections of the current IMCOM workforce, and hiring veterans and Family members,” said

IMCOM Director of Human Resources
(G1) Karen M. Perkins.

Most hiring actions still must go to the HQ IMCOM Human Resources Management Board for initial screening and a recommendation to the commanding general. When the commander approves a hiring request, he specifies whether a vacancy must be filled by a current IMCOM employee or whether it can be recruited outside the command and even outside the federal workforce.

The first step remains the IMCOM Enterprise Placement Program, which may provide a reassignment opportunity for a potentially vulnerable IMCOM employee who is willing to relocate. While the IEPP process is working, managers can begin their recruitment process to be ready to select if IEPP does not provide an eligible candidate.

If managers want to consider using one of the special hiring authorities laid out under Title 5 of the Code of Federal Regulations, there are many ways to hire transitioning Soldiers, disabled veterans and persons with disabilities noncompetitively.

“These are excellent ways to select qualified people noncompetitively, and they help disabled veterans and transitioning Soldiers, which we want to do anyway,” said Lois Keith, chief of Civilian Personnel in the IMCOM G1.

One such authority is the Veterans' Recruitment Authority, which allows for noncompetitive appointment to positions in grades up to GS-11 of disabled veterans or veterans who served on active duty during a war, a recognized campaign or expedition, or certain other military operations. The VRA also extends to recently separated veterans.

Another opportunity is to appoint a veteran retired from active duty with a disability rating of 30 percent or more. These appointments are 60-day temporary or term to start with, but may be converted to career or career-conditional at any time. There are no grade limits with a 30 percent disability appointment, as long as the applicant meets all qualification standards.

Another talent resource is Army spouses, who normally won't qualify for noncompetitive appointment, but often come with wide experience and varied skill sets that might not be readily available in the local talent pool. And former government employees eligible for reinstatement can be selected noncompetitively in any grade up to their former highest grade, as long as they meet qualifications.

The installation Civilian Personnel Action Center is the local resource for all civilian hiring, but especially when trying to expedite hiring through the use of non-competitive appointments, so every action should be in consultation with them.

With the need for balance between expedited hiring and sustainable end strengths, garrison commanders need access to more than one option when filling a critical va-

cancy. The headquarters will likely stay very involved in the hiring process for the foreseeable future in the interest of sheltering the workforce from future adverse actions due to civilian reductions.

Options do exist, however, and using the hiring authorities provided can help garrisons fill their critical vacancies while also providing opportunity for some very deserving candidates.

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UAF Military Appreciation



TOP - Dan Jordan, Head Coach of the University of Alaska Fairbanks’ Rifle team points to the screen showing the results of Mike Campbell, Sponsorship and Advertising manager for Family and Morale, Welfare and Recreation’s marksmanship. The rifles used were actual competition rifles fitted with laser equipment for target shooting without ammunition. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

LEFT - 9th Army Band’s, On Thin Ice band members feel the grief from the sidelines as the UAF team loses possession of the ball. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

MBTI: More effective leaders

Continued from page 1

ed leadership skills attended the Fort Wainwright Leader Development Workshop Oct. 30 through Nov. 1. In preparation for the program, attendees were asked to complete the MBTI online, find out their individual personality traits and better understand how they fit into an organizational decision-making process.

“The MBTI supports our learning about how to be more effective leaders, managers, teachers, learners, team members and partners,” said Rose Wentland, Resource Management Office. “It offers individuals a way to build communications patterns that will meet their needs as well as the needs of others, helping them to achieve a higher level of influence.”

Many say the MBTI helps group decisions because it allows individuals to see the differences in their innate personalities, how they perceive the world and how they prefer to act. The idea, when used in a team setting, helps members understand each other better.

Christine Donovan, customer service program coordinator for Family and Morale, Welfare and Recreation said, “What gave this training its unique impact was the diversity of participants, who came from a variety of directorates and special offices, and the level of professionalism that these facilitators bring with them. These are the best, most experienced facilitators IMCOM has to offer.”

The MBTI was built upon the work of Carl Jung, a Swiss psychiatrist who is credited with creating the idea of people having specific personalities. Katherine Briggs and her daughter Isabel Myers Briggs later developed the list of questions to help identify Jung’s theory, while making it more relevant to people’s lives.

There are basically four preferences, combined into 16 personality types. They are extroverts or introverts; some are sensing individuals, while others are intuitive. Some people are categorized as thinking, others are considered feeling. Finally, there are those who require judgment and those who are perceptual.

According to the MBTI, E’s or “Extroverts” enjoy interacting with people and developing new ideas during discussion. They often don’t know what they are thinking until they say it. I’s or “Introverts” think things through before speaking. They enjoy focusing on a project and need quiet for concentration. They develop ideas internally and learn by reading and reflecting.

S’s or “Sensors” use specifics, such as facts, dates and times. They focus on the immediate and provide a realistic, practical perspective, while N’s, for “iNtuitives” look at the big picture and follow their inspirations. They like solving new, complex problems.

T’s or “Thinkers” set their emotions aside. They prefer to step back from a problem and analyze facts and information. They focus on tasks and seek mutual respect and fairness among colleagues. F’s or “Feelers” judge situations on a personal level. They are often able to see both sides of a situation and want harmony and support.

J’s or “Judges” favor exactness and following plans and schedules. They reach decisions by deciding quickly, while P’s or “Perceivers” favor tolerance and open time frames. They like to be spontaneous and enjoy the process.

Wentland said, “To know your inner self is to know your purpose, your values, your visions, your motivations, your goals and your beliefs.”

Most agree that if the knowledge gained from the MBTI is implemented by leaders and employees, it can be an effective tool. “When leaders are aware of individual personality types and focus on individual strengths, they are able to build bridges leading to more effective teams rather than building walls,” said Nancy Bahr, management and program analyst, Programs, Analysis and Integration Office. “With the increased understanding of how each team member best operates, employees and leaders will be better able to resolve problems when they arise.”

Kathleen Gonzalez, one of the visiting trainers from the Installation Management Command Academy said one comment they received in a survey after the workshop said, “It was the best leadership development training they’d had in their career.”

For more information on the MBTI call the Family Life Center on post at 353-6112 or to take the test online, visit www.humanmetrics.com/cgi-win/jtypes2.asp.

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Kathleen Gonzalez, one of the visiting trainers from the Installation Management Command Academy said one comment they received in a survey after the workshop said, “It was the best leadership development training they’d had in their career.”

For more information on the MBTI call the Family Life Center on post at 353-6112 or to take the test online, visit www.humanmetrics.com/cgi-win/jtypes2.asp.



Actively role-playing their assigned parts during a mock feedback session, Jennifer Miller, assistant director with Child, Youth and School Services, and Allen Shaw, public affairs specialist, garrison PA Office, model effective feedback for participants in the leadership development workshop Oct. 31 through Nov. 2 on post. (Photo by Trish Muntean/Fort Wainwright PAO)

Fort Wainwright celebrating its Families

Trish Muntean, Fort Wainwright PAO

“In our military Families, we see the best our country has to offer. They demonstrate the virtues that have made America great for more than two centuries and the values that will preserve our greatness for centuries to come. Military Families strengthen the fabric of each community they touch and enrich our national life as shining examples of patriotism,” said President Barack Obama in a Presidential Proclamation about Military Family Appreciation Month 2012.

The Army’s Stand To page says Military Family Appreciation Month is a campaign designed to communicate the Army’s recognition and appreciation for Army Families and to fulfill the Army Family Covenant - provide them a quality of life commensurate with their service. The result is Families feeling important, supported and connected to the Army and the nation.

Military Family Appreciation Month provides Army leaders an opportunity to raise awareness about the importance and sacrifices of our military Families.

It also provides them the opportunity to show appreciation for all they do. One of the ways this is done at Fort Wainwright is through special events for military Families such as visits from teams from the University of Alaska-Fairbanks.

This year is no different, with Fort Wainwright Family and Morale, Welfare and Recreation and UAF hosting many events on and off-post as their way of saying thank you.

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The University of Alaska Fairbanks women’s basketball team led warm up drills with Soldiers and Family members during their visit on post Nov. 7. Lady Nanooks also signed autographs and shared photos as part of UAF Military Appreciation Week. (Photo by Trish Muntean, Fort Wainwright PAO)

Military Appreciation Week wraps up

Fort Wainwright Family and Morale, Welfare and Recreation in partnership with the University of Alaska Fairbanks presents Military Appreciation Week, celebrating our military together as one community – a way to say thank you.

- Nov. 16 through 18**
Nordic Cup skiing at Birch Hill (cross country side), with UAF Nanooks and Fairbanks Nordic Ski club. Military Families are welcome to attend. No entry fee.
- Nov. 16**
Nanook Men’s basketball team versus Oklahoma Panhandle at 5:15 p.m. at the Patty Center.
UAF Nanooks Hockey versus Western Michigan at 7:30 p.m. in the Carlson Center, Fairbanks.
- Nov. 17**
UAF Rifle Team, 10-time national champion Nanooks at E.F. Horton Rifle Range versus West Virginia at 9 a.m.
- Nov. 18**
UAF Rifle Team versus West Virginia, 9 a.m. at the Patty Center.

All events at UAF’s Patty Center are free for military members, their Families and veterans. For more information, go to www.alaskananooks.com or and Fort Wainwright’s Facebook at www.facebook.com/FortWainwrightPAO or call 353-7691.

NFL honors veterans, celebrates service: That’s what I’m talking about

Allen Shaw,
Fort Wainwright PAO

In another weekend when the National Football League joined the country to thank and celebrate our Military, the NFL prepares to celebrate its own history. On Nov. 12, 1892, William “Pudge” Heffelfinger, was remembered as being the first professional football player to play for pay. It is said that Heffelfinger was paid \$500 by the Allegheny Athletic Association to play against the Pittsburgh Athletic Club. While nfl.com reports that although it is entirely possible athletes were paid to play football before this historic day, an accounting ledger provides documented proof that Heffelfinger was paid to play football in that game. Heffelfinger was apparently worth the expense as he recovered a fumble and returned it for a touchdown; the game’s only score in a four-to-zero Alleghany Athletic Club triumph. For more epic moments in football history, visit the website. Learn about the past, that’s what

I’m talking about. In the Thursday game played Nov. 8, Indianapolis rookie quarterback Andrew Luck continued his winning ways, leading the Colts over the Jacksonville Jaguars 27-10. The Baltimore Ravens once again lived up to their name and reputation in Interior Alaska by picking apart and ripping through the Oakland Raiders like a truckload of black trash bags in the back of a white Ford pickup truck. Both quarterbacks did well, but the dirty birds created their usual mayhem and came out on top 55-20. Peyton Manning once again rode the galloping Denver Broncos past the Carolina Panthers 36-14. Manning threw for 301 yards and a touchdown, while his brother Eli and the New York Giants didn’t do so well. The Cincinnati Bengals beat the Giants 31-13 as Bengal QB Andy Dalton popped four touchdown passes into the end zone. The Tennessee Titans ruled over the Miami Dolphins 37-3, the Minnesota Vikings

beat the Detroit Lions 34-24 and the New England Patriots put a halt to a late Buffalo comeback, with a hard-fought 37-31 victory over the Bills. The New Orleans Saints handed the Atlanta Falcons their first loss of the season 31-27, the Tampa Bay Buccaneers beat the San Diego Chargers 34-24 and the Dallas Cowboys crunched the Philadelphia Eagles 38-24. Eagle QB Michael Vick left the game with a concussion in the second quarter after a couple bruising hits. The St. Louis Rams and San Francisco 49ers played to a 24-24 tie - the NFL’s first tie game in four years – as both team’s kickers missed overtime field goals. The Houston Texans prevailed 13-6 in a wet defensive battle against the Chicago Bears and on Monday the Pittsburgh Steelers edged the Kansas City Chiefs 16-13 with an overtime field goal. Steelers QB Ben Roethlisberger left the game early in the third quarter with a possible shoulder injury after being slammed to the turf.










These colors don’t run - A Marine helps to hold a U.S. flag during the pre-game ceremonies before a game between the Philadelphia Eagles and Dallas Cowboys in Philadelphia, Nov. 11. (AP Photo/ Michael Perez)

As for the Fort Wainwright football pickers – we will now all have a tie tarnishing our records. A-Team is slowly inching toward the top with 10 and three this week, although that spot is currently shared by Brain and Jones Bros who won nine and lost four. BrowBrose Salsa are only three games back, while Bear also re-

mains in the hunt. Tate is hanging onto the Bear’s tail and Urbi still has more wins than losses overall. With his bold prognostications he can make a move up at any time. Showing support for the troops, celebrating the history of the game and trying to pick winners - just for the fun of it; that’s what I’m talking about.

Prognosticators – football predictions for fun and braggin’ rights

													
A-Team		Brain		Browbrose Salsa		Bear		Urbi		Jones Bros		Tate	
(95W-50L-1T)		(96W-49L-1T)		(92W-53L-1T)		(91W-54L-1T)		(78W-70L-T)		(96W-49L-1T)		(89W-56L-1T)	
MIA @ BUF	BUF	MIA @ BUF	MIA	MIA @ BUF	BUF	MIA @ BUF	BUF	MIA @ BUF	BUF	MIA @ BUF	BUF	MIA @ BUF	MIA
GB @ DET	GB	GB @ DET	GB	GB @ DET	GB	GB @ DET	GB	GB @ DET	GB	GB @ DET	GB	GB @ DET	GB
AZ @ ATL	ATL	AZ @ ATL	ATL	AZ @ ATL	ATL	AZ @ ATL	ATL	AZ @ ATL	ATL	AZ @ ATL	ATL	AZ @ ATL	ATL
TB @ CAR	TB	TB @ CAR	TB	TB @ CAR	TB	TB @ CAR	TB	TB @ CAR	TB	TB @ CAR	TB	TB @ CAR	TB
CLE @ DAL	DAL	CLE @ DAL	DAL	CLE @ DAL	DAL	CLE @ DAL	DAL	CLE @ DAL	DAL	CLE @ DAL	DAL	CLE @ DAL	DAL
PHI @ WAS	WAS	PHI @ WAS	WAS	PHI @ WAS	WAS	PHI @ WAS	WAS	PHI @ WAS	PHI	PHI @ WAS	WAS	PHI @ WAS	WAS
NYJ @ STL	NYJ	NYJ @ STL	NYJ	NYJ @ STL	NYJ	NYJ @ STL	NYJ	NYJ @ STL	STL	NYJ @ STL	STL	NYJ @ STL	STL
CIN @ KC	CIN	CIN @ KC	CIN	CIN @ KC	CIN	CIN @ KC	CIN	CIN @ KC	CIN	CIN @ KC	KC	CIN @ KC	CIN
JAC @ HOU	HOU	JAC @ HOU	HOU	JAC @ HOU	HOU	JAC @ HOU	HOU	JAC @ HOU	HOU	JAC @ HOU	HOU	JAC @ HOU	HOU
NO @ OAK	NO	NO @ OAK	NO	NO @ OAK	NO	NO @ OAK	NO	NO @ OAK	OAK	NO @ OAK	NO	NO @ OAK	NO
SD @ DEN	DEN	SD @ DEN	NO	SD @ DEN	DEN	SD @ DEN	DEN	SD @ DEN	DEN	SD @ DEN	DEN	SD @ DEN	DEN
IND @ NE	NE	IND @ NE	NE	IND @ NE	NE	IND @ NE	NE	IND @ NE	NE	IND @ NE	NE	IND @ NE	NE
BAL @ PIT	BAL	BAL @ PIT	BAL	BAL @ PIT	BAL	BAL @ PIT	BAL	BAL @ PIT	BAL	BAL @ PIT	BAL	BAL @ PIT	PIT
CHI @ SF	SF	CHI @ SF	CHI	CHI @ SF	SF	CHI @ SF	CHI	CHI @ SF	CHI	CHI @ SF	CHI	CHI @ SF	SF

Newly renovated Melaven Gym



Soldiers from the 3rd Platoon, B Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division pump it out on the spinning bikes in the gymnasium area of the newly-renovated Melaven Gym before 7 a.m. Wednesday. Greg Taylor, Melaven Fitness Center manager, said, “The completed portions are awesome and the staff is anxious to continue providing quality fitness opportunities to Soldiers and Family members.”The facility has new tiled floors, upgraded workout areas, upgraded locker rooms and a special child care area. “Like anything new, we will have our growing pains, but everyone is working hard to meet the needs of our community,” he said. So far more than 200 Soldiers have shown up for PT in the early morning hours since the facility reopened Nov. 5. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Friday – 16th

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

LUNCH BOX LESSONS, 11:30 a.m.,

STORY HOUR THEMES: PIRATES, 4 p.m., Post Library, Building 3700. Call 353-2642.

NY SHOCK AND AWE COMEDY TOUR, 8 p.m., at the Warrior Zone, Building 3205. Call 353-6043.

UAF MEN'S BASKETBALL VS. OKLAHOMA PANHANDLE, 5:15 p.m., Patty Center. Free admission with military ID. Contact Ticket Master for more details.

UAF HOCKEY VS. WESTERN MICHIGAN, 7:30 p.m., Carlson Center. \$9 admission with military ID. Contact Ticket Master for more details.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday – 17th

CROSS-COUNTRY SKI TRIP, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$15. Call 361-6349.

SNOWMACHINE SAFETY COURSE, 9 a.m., Outdoor Recreation Center, Building 4050. Age 18 or older. Call 361-6349.

UAF RIFLE VS. WEST VIRGINIA, 9 a.m., Patty Center. Free admission with military ID. Contact Ticket Master for more details.

GROUP CYCLING CLASS, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

YOGA FOR ATHLETES, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

SNOWMACHINE SAFETY COURSE, 1 p.m., Outdoor Recreation Center, Building 4050. Age 18+ Call 361-6349.

CHESS CLUB, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

PARENTS' DATE NIGHT OUT, 4 p.m., Child Development Center I. \$30 per child.

UAF MEN'S BASKETBALL VS. COLORADO CHRISTIAN, 5:15 p.m., Patty Center. Free admission with military ID. Contact Ticket Master for more details.

UAF HOCKEY VS. WESTERN MICHIGAN, 7:30 p.m., Carlson Center. \$9 admission with military ID. Contact Ticket Master for more details.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday – 18th

UAF MILITARY APPRECIATION WEEK – NANOOK RIFLE VS. WEST VIRGINIA, 9 a.m., Patty Center. Free admission with military ID.

NFL ON ALL TVs, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

UAF MILITARY APPRECIATION WEEK, NORDIC CUP SKIING, 10:30 a.m., Birch Hill Recreation Center (off-post facility) Call 353-7691.

TURKEY SHOOT, noon to 5 p.m., Fischer Skeet Range, Building 1172. Call 353-7869.

Monday – 19th

CORE TRAINING, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

BODY CONDITIONING, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

CHILD ASSESSMENTS, 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday – 20th

GROUP CYCLING CLASS, 6:30 a.m. and 5:30 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

HOURLY POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

BOUNCY HUT NIGHT, 5 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Ages 4 to 12. Call 353-7755.

NEWCOMERS ORIENTATION, 9 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

YOGA FOR ATHLETES, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Wednesday – 21st

CORE TRAINING, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

BODY CONDITIONING, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

TURBO KICK, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday – 22nd

THANKSGIVING DAY!

HEAD-PIN BOWLING, 4 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

B.O.S.S. BLACK FRIDAY SHOPPING TRIP IN ANCHORAGE. Call 353-7648.

Friday – 23rd

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAMILY SNOWMACHINE RUN, 1 p.m., Outdoor Recreation Center, Building 4050. Cost is \$25, drivers must be age 18 or older, No cost for passenger, passenger must be age 8 or older. Call 361-6349.

STORY HOUR THEMES: CELEBRATE NATIONAL NOVEL WRITING MONTH, 4 p.m., Post Library, Building 3700. Call 353-2642.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday – 24th

STILES CREEK SNOWMACHINE TRIP, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$75. Call 361-6349.

GROUP CYCLING CLASS, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

YOGA FOR ATHLETES, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

CHESS CLUB, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

DARTS TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday – 25th

NFL DIRECT TV PACKAGE, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

H is for Honor



During a special Veterans Day story hour at the Last Frontier Community Activity Center Nov. 9, a selected group of readers accompanied by the 9th Army Band shared the children’s book “H is for Honor: A Military Family Alphabet” with a large group of Soldiers and Family members. Those who attended held up signs remembering fallen Soldiers and were able to make a heroes wreath to honor all who serve or have served in the military. (Photo by Allen Shaw/Fort Wainwright PAO)

11402468
BABULA, DR.
AK POST/AK POST
2 x 3.0

18405182
CRIBS CRADLES &
THINGS
AK POST/AK POST
2 x 3.0

18402375
INTERIOR ALASKA
GREENSTAR
AK POST/AK POST
2 x 3.0

ARMY FAMILY ACTION PLAN

Fort Wainwright will host the 2013 AFAP Conference Nov. 27 through 29. The Army Family Action Plan is a grass roots process that directs actions to enhance readiness and increase retention by improving the standards of living for Soldiers, DoD civilians, retirees and their Families. Let Army leadership know what works, what doesn't and what they think will take to fix it. If you have an idea on improving quality of life, make your voice be heard by calling 353-2382 or email fwa.afap@gmail.com.

LADIES' LUAU

A Ladies' Luau health care event will be hosted by the Bassett Army Community Hospital on Thursday, November 29, from 5 p.m. to 8 p.m. Provided will be: Massages, skin care, aroma therapy, Yoga and Zumba classes, refreshments and drawings for mani/pedi gift cards. Other services to be offered are; Pap smears, clinical breast exams, vouchers for mammograms, blood pressure screening and nutrition education. For more information call 361-4148.

SCHOOL BAZAAR

A holiday bazaar is slated for Dec. 1 at Ticasuk Brown Elementary School. More than 30 national and local vendors will offer their wares at the bazaar. The bazaar will take place 10 a.m. to 4 p.m. Attendees may also bring donations for a Fairbanks-area toy drive, if interested. For more information call 488-3200 ext. 115.

BIRCH HILL SKI AND SNOWBOARD AREA

Purchase season passes at the ticket counter Monday through Friday 10 a.m. to 1 p.m. through opening weekend. Ticket purchases can be made after that anytime during regular business hours through November 25. *Early Bird Rates:* Family Pass \$470; Adult Pass, age 18 and older, \$195 and Youth Pass, ages 17 and under, \$140. *Regular Rates:* Family Pass, \$525; Adult Pass age 18 and older \$250 and Youth Pass, ages 17 and under, \$195. For more information go to their facebook at <https://www.facebook.com/groups/145267885607/#/BirchHillFtWW>.

SKATING SEASON

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Monday and Wednesday from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Calls 353-7223 for more information, rates are posted at www.ftwainwrightfmwr.com.

MILITARY DISCOUNTS

The Armed Services YMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

EMPLOYEE INSURANCE

Federal employees are encouraged to review health, vision and dental coverage during open season. Employees may also initiate or make changes to their flexible spending accounts during open season, Monday, Nov. 12 through Dec. 10. The annual open season gives federal employees and retirees the opportunity to review their health plan choices and make changes for the following year. It also allows eligible employees to enroll for coverage. Federal Employee Health Benefits Program eligible employees and enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year. Stop by the health fair or contact the Civilian Personnel Advisory Center for more information.

VOLUNTEER TRAINING

Army Community Service is offering training for facilitators, recorders, transcribers and issue support personnel. (FRTI - pronounced 'Furtee') who will work on the next Army Family Action Plan Conference. Training is set for Nov. 23 and 24 on post. To register or for more information, call 353-2382.

PUBLIC SAFETY NEWS

Fort Wainwright has a new, free, efficient system for notifying the community of emergencies and public safety information. The system enables subscribers to receive notification texts via their smart phones by sending a text message to "888777" without quotation marks and enter Fort Wainwright's zip code "99703" to register. Subscriptions are available at www.nixle.com. By registering via the Web, users can also elect to receive notifications via email or cell phone. Notices for the installation can be viewed via the website without registration by entering the zip code at www.nixle.com.

HEALTH RESOURCES

Arctic Health Link has moved to Building 4077, across the parking lot from the Bassett Army Community Hospital. AHL works to educate and promote healthy behaviors by encouraging beneficiaries to take an active role in maintaining the health and well being of themselves and their family. For more information call 361-4148.

FLU SHOTS

For more information on vaccinations call preventive medicine at 361-5182.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors, spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. At <https://www.dmdc.osd.mil/milconnect> you can update

your address and/or phone number on your DEERS record by signing into, choosing "My Profile Information" and clicking "Update Address". Scroll to the bottom and click "Submit" to add or update any of your contact information.

LIBRARY NEWS

English papers don't write themselves. English and math students needing assistance can make an appointment for tutoring at the Post Library, Building 3700. For more information, call 353-4137.

WINTER GEAR

For heavy boots or ice skates check with the Thrift Store, their stock changes daily. The store is located in Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly area and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians and a designated assembly area for 100 percent accountability of personnel. To answer questions, contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

18401796
ESTHER BARBER
& STYLES
AK POST/AK
POST
1 x 2.0

Fort Wainwright
PAO website:
www.wainwright.mil

13403236
VIP CLEANERS
AK POST/AK
POST-STV
1 x 3.0

11401641
JUST HAIRCUTS
AK POST/COU-
PON AK PO
1 x 4.0

18405043
CUTCO CUTLERY
AK POST/AP/HOLIDAY S
2 x 2.5

17403807
CUSTODY SOLUTIONS,
LLC
AK POST/CHILD CUSTOD
2 x 3.0

12403737
QUOTA CLUB INTERNA-
TIONAL
AK POST/AK POST-BAZA
2 x 2.0

11402550
JUNG KOREAN RESTAU-
RANT
AK POST/GRAND OPENIN
2 x 2.0

Thanksgiving holiday hours

Arctic Knights Dining Facility

Nov. 22 - Thanksgiving meal from 11 a.m. to 3:30 p.m.
Bassett Army Community Hospital
Nov. 21 - normal hours for the entire facility.
Nov. 22 - only the emergency room will be open.
Nov. 23 - everything but the dining facility is open, but minimally staffed.
Nov. 26 - normal hours for the entire facility.

Commissary

The commissary will be closed Thanksgiving Day. Normal hours of operation will resume Friday.

The Exchange

Nov. 22 - All facilities are closed except the Neely Road Express Shopette which will close at 6 p.m. Gas pumps are open 24 hours for pay-at-the-pump transactions.

Nov. 23 - Main Exchange - open 4 a.m. to 8 p.m.
Charley's - open from 3 a.m. to 7 p.m.
Starbucks - open 3 a.m. to 7 p.m.
Subway - open 3 a.m. to 8 p.m.

Furniture store - open 9 a.m. to 6 p.m.
Wireless Advocates - open 4 a.m. to 7 p.m.
Neely Road Express - 5 a.m. (24-hour operation resumes)
All other facilities - open normal hours.

Nov. 24 - Main Exchange - open 6 a.m. to 8 p.m.
Charley's - open 5 a.m. to 7 p.m.
Starbucks - open 5 a.m. to 7 p.m.
Subway - open 5 p.m. to 8 p.m.
All other AAFES facilities - open normal hours.

Directorate of Logistics

Nov. 23
The following activities will be closed:
CIF - Central Issue Facility: Food Service, TISA - Troop Issue Substance Activity, POL - Petroleum Oil Lubricants

Transportation: (Personal Property, NTV - Nontactical Vehicle Fleet Management, Deployment, Freight, and Transportation Motorpool)
ASP - Ammunition Supply Point, Army Support Activity - ASA Joint Base Elmendorf-Richardson

The following will be open with limited staffing:
Maintenance, Fort Wainwright and ASA Richardson
Ammunition Supply Point (ASP), Fort Wainwright
SSA - Supply Support Activity, Plans and Operations

For issues regarding CIF, Food Service, TISA, and POL, call 361-6577, or see Lincoln Hawkes, Building 3030.

For after-hours Transportation issues, call Jeffrie Clarke, 388-8275.

For any ASP (ASA Richardson) issues, call Paul Moore (907) 242-3002.

North Haven Communities neighborhood offices
Nov. 21 - close at 3:00 pm.
Nov. 22 - closed.
Nov. 23 - closed.
Maintenance will be on call for emergency services at 356-7000.

Public Affairs Office
Nov. 22 and 23 - closed

Fort Wainwright winter forecast 2012-2013

Warm winter forecasted for the North Slope and a less severe winter for the Interior

Roy Metcalf, chief forecaster, Detachment 3, 1st Weather Squadron

Average temperatures are forecasted to be warmer over the northern two-thirds of Alaska--from the middle Mat-Su Valley to the Arctic Slope--at least through early 2013. Precipitation is expected to be above normal for the northwestern third of the state through January and near normal for the rest of the state for the winter. So far, the climate system is set for a comparatively mild winter for Fort Wainwright and surrounding communities.

Warmer Temperatures

- One major reason for the forecasted warmer temperatures over the northern two-thirds of the state is because the Arctic ice pack reached a new all-time low this past summer, breaking the previous record set in 2007. Sea ice reflects more than 90 percent of the sun's heat, but when it is replaced by the darker open ocean more than half of the heat is absorbed into the water. Warmer ocean temperatures lend to warmer land temperatures. In addition, the state of the planet's primary climate oscillations lends to more mild conditions for mainland Alaska. For the Interior, the average number

of days with a low temperature of 20-below zero or lower during the winter is 47. Of those, 11 are 40-below zero or colder. Expect fewer of those extremely frigid days this forthcoming winter.

Near Normal Precipitation - Average snowfall for the Interior is 65-inches per year, with an average number of 57 days with measurable snowfall. The snowpack of one inch or more is normally established by Oct. 18. This year it occurred three days early on the Oct 15. October averages 11 inches of snow. As of the end of October, we were several inches below the normal snowpack. However, the next three months

should bring over 40 inches of snow for the Interior to reach the climatologically norms. Expect more snow on Nov. 13, Dec. 12 and Jan 10.

Status of El Niño/La Niña Oscillation - Borderline El Niño/La Niña-neutral/weak El Niña conditions are evident in the Pacific basin; such conditions are expected to continue well into the northern hemisphere's winter 2012-13. This state of the climate system supports the prediction of warmer than normal average temperatures and near normal precipitation amounts for Interior Alaska.

El Niño and La Niña are names given to atmospheric

climate weather patterns by the National Weather Service National Centers for Environmental Prediction. La Niña is characterized by unusually cold ocean temperatures in the Equatorial Pacific, compared to El Niño, which is characterized by unusually warm ocean temperatures in the Equatorial Pacific. For more information visit www.cpc.ncep.noaa.gov and search for El Nino or La Nina. When compared to last winter, this winter's forecasts indicate a more benevolent Goddess Meteoram smiling down on us. Here's to warmer temperatures with plenty of snow. Hooah!

Comedy show tonight: Four-times the laughs

Staff report,
Fort Wainwright PAO

Four comedians will travel to Alaska's Interior to do a live comedy show here on post tonight during one of the coldest months of the year. They must have a wild sense of humor and great winter gear to do that, right?

The New York Shock and Awe Comedy Tour is slated for 8 p.m. today at the Warrior Zone, Building 3205. This show is open to DoD cardholders 18 and older. For more information, call Family and MWR at 353-6043.

Armed Forces Entertainment's website shows the comedians' biographies and links online. From left, in order of appearance below:

Mark Riccadonna

Riccadonna tours across the country performing standup comedy, writing and acting in short films, and working as a voiceover artist and on-camera talent in several national commercials and appearances on Spike TV, Maury Povich, The History Channel and SPEED Network. Mark can be heard on Sirius and XM digital radio and is in an International film "Alibi."

Marianne Sierk

Sierk got her big break

when asked to provide comedic commentary for VH1. Sierk appeared on Comedy Central's "Live at Gotham", NBC's "Comics Unleashed with Byron Allen" and the BBC's "The World Stands Up." Sierk is happy to travel the country entertaining audiences at colleges, clubs, corporate events, commercial work and writing jokes all day.

Pat Brown

Pat is a veteran improvisational actor with and improve troop and one of only two African-American improve troupes in America. Brown is the 2007 winner of the Las Vegas Comedy Festival "Best Female Comic." She has been a featured comic on Comedy Central, NBC's "Comics Unleashed," BET's "One Mic Stand" and "Comic View."

Kevin Downing, Jr.

Downing has been recently labeled "refreshingly bizarre" by fellow comedian Joe Mulligan for his extraordinary comedic force and syndicated columnist skills. His credits include an award-winning Bravo! series; and is seen on HBO, Showtime, Comedy Central, NBC and VH1. He is a regular guest on The Bob and Tom Show, Sirius XM Radio and NPR.



Mark



Marianne



Pat



Kevin

61402398
ALASKA FUN CENTER
SALES
AK POST/AK POST
2 x 5.0
RED

Veterans' Memorial Bridge



Once the crowd took their places along each side of the bridge a ribbon was ceremoniously cut by a 1910 Chalmers Detroit, known locally as the "Creamer Car". This car was also the first vehicle to cross the Chushman Street Bridge and the Wendell Street Bridge after their construction and has been in the Creamer family since 1922. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



After the dedication of the Veterans' Memorial Bridge, the public was welcomed to the Morris Thompson Cultural and Visitors Center where contractors, state and local elected officials shared their gratitude for all those who assisted in the bridge's construction. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Fort Wainwright Soldiers provide the color guard detail for Monday's official opening of the Veterans' Memorial Bridge in downtown Fairbanks, Nov. 12. Sen. Mark Begich, City of Fairbanks Mayor Jerry Cleworth and Fairbanks North Star Borough Mayor Luke Hopkins were just a few of the attendees at the ceremony. (Photo by Brian Schlumbohm/Fort Wainwright PAO)